SUPPLICATIONS OF GREAT CONVICTIONS & BENEFIT FOR MEN, WOMEN AND CHILDREN TAUGHT BY RASULULLAH (ﷺ)

# MASNOON WAZAAIF

COMPILED BY:

MUFTI MAHMOOD HAFEZJI BARDOLI (D.B.)

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NOORANI MAKATIB

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بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ

أَلَا بِذِكْرِ اللّٰهِ تَطْمَئِنُّ الْقُلُوْبُ

FOR THE ISAALE THAWAAB
OF THE ENTIRE UMMAT
OF RASULULLAH (ﷺ)

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# TRANSLATOR'S NOTE

All praises belong to Allah, the High and Mighty and peace and salutations upon our Master Muhammed ( ﷺ ), who was sent as a mercy unto mankind. Alhamdulillah, the English translation of the Urdu Booklet containing the Daily Wazaaif compiled by the Honourable Mufti Mahmood of Bardoli, India is presented to you.

The language has been kept very simple considering the general masses that will be reading and memorising the Wazaaif presented from Authentic sources. I, also would take this opportunity to thank the many individuals who helped in translating, editing and designing this booklet, namely Moulana Mohammed Choonara, Mohammed Laheri and the entire Al-Mahmood team.

We do look forward to your critical as well as positive feedbacks.

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# INTRODUCTION

Hadhrat Abu Darda ( رضي الله عنه ) narrates that Rasulullah ( ﷺ ) was once asked, "What is the pinnacle of knowledge after which one can be called a Faqih (Jurisprudent)?". Rasulullah ( ﷺ ) replied: "Whosoever propagates unto my Ummah forty Ahaadeeth regarding Deen, will be resurrected with the Fuqaha and the Ulamaa and I, personally will intercede for that person and bear testimony regarding his Imaan."

(Mishkaat Pg: 36)

In this booklet, we present supplications narrated in the Ahaadeeth of Rasulullah ( ﷺ ) with references, and in many places just a summary of a Hadeeth has been presented. i.e. the Hadeeth have not been quoted word by word.

These supplications have a definite benefit. Therefore, one should supplicate with full attention and conviction. If Allah wills, the full benefit mentioned will surely be acquired.

One should set aside fifteen minutes in the morning and evening, five minutes after every Fardh Salaah

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and ten minutes every day before going to sleep for the reading of these supplications. If Allah wills, you will witness great benefit and blessings in your lives.

Despite the busy schedule of each one of us, a person can acquire many rewards and benefits in a short while through these supplications. One should make it a habit to recite these supplications without fail. And for easy access, one should keep it in one's pocket. And it will also be very beneficial if once a week, after any Salaah, our Imams were to read out one Hadeeth to their congregations and repeat it for them.

May Allah grant us happiness in both the worlds. Aameen.
Waiting in anticipation for your beneficial feedback.

**MUFTI MAHMOOD IBN MOULANA SULAIMAN HAFEJI, BARDOLI**

JAMIAH TÁLIMUD DEEN DABHEL, SIMLAK

# DEEDS FOR THE MORNING

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ.

## SMALL DEED, GREAT REWARD

### (1) Plenty of rewards in a short time

سُبْحَانَ اللهِ وَبِحَمْدِهٖ، عَدَدَ خَلْقِهٖ، وَرِضَا نَفْسِهٖ، وَزِنَةَ عَرْشِهٖ، وَمِدَادَ كَلِمَاتِهٖ.

To be recited thrice in the Morning

**Virtue:** The mother of the believers, Hadhrat Juwairiyyah ( رضی اللہ عنہا ) narrates that I was sitting on my praying mat doing Dhikr at the time of Fajr when Rasulullah (ﷺ) left for Salaah. When Rasulullah (ﷺ) returned after sunrise, I was still on my prayer mat. Hence he inquired, "Are you still in the same state that I had left you

in?" I replied in the affirmative. Rasulullah (ﷺ) said "I have said four sentences after I departed from you. If they were to be weighed against all the Dhikr that you have done today, my sentences would outweigh all the Dhikr that you have done."

(Mishkat 1:200, Muslim 2:350, Musnad Ahmed 1:581)

## (2) Dua for the protection of One's Life, Wealth and Household

To be recited once in the Morning

رَبِّيَ اللّٰهُ الَّذِيْ لَآ اِلٰهَ اِلَّا هُوَ، عَلَيْهِ
تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيْمِ، مَا شَآءَ
اللّٰهُ كَانَ وَمَا لَمْ يَشَأْ لَمْ يَكُنْ، وَلَا حَوْلَ وَ

لَا قُوَّةَ إِلَّا بِاللّٰهِ الْعَلِيِّ الْعَظِيْمِ، أَشْهَدُ أَنَّ اللّٰهَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ وَّ أَنَّ اللّٰهَ قَدْ أَحَاطَ بِكُلِّ شَيْءٍ عِلْمًا، أَعُوْذُ بِاللّٰهِ الَّذِیْ يُمْسِكُ السَّمَآءَ أَنْ تَقَعَ عَلَى الْأَرْضِ إِلَّا بِإِذْنِهٖ مِنْ كُلِّ دَابَّةٍ، رَبِّیْ اٰخِذٌ بِنَاصِيَتِهَا إِنَّ رَبِّیْ عَلٰى صِرَاطٍ مُّسْتَقِيْمٍ.

**Virtue:** It has been narrated on the authority of Hadhrat Hasan (رضي الله عنه) that he once said; we were sitting with one of the companions of Rasulullah (ﷺ) when someone came to him and exclaimed, “Your house has been burnt down.” He replied, “My house has not burnt down”. The man came once again and

exclaimed, "Your house has burnt down." He replied, "I swear by Allah that my house has not burnt down." Upon this, the informer said, "You are taking an oath despite it burning down." The companion replied, "I had heard the Prophet of Allah (ﷺ) saying; Whosoever recites the Duaa (mentioned above) no afflictions will afflict his family, wealth and life." The companion then said, "Let us go and see the house." Everyone present went with him and saw that all the surroundings had been burnt down and nothing had happened to his house.

Ibnussunni: Page No.21 Hadith No.58

## (3) Virtue of Surah Yaseen

Hadhrat Ata Bin Abi Raba (RA) mentions that I have been informed that Rasulullah ﷺ

mentioned, "Whosoever recites Surah Yaseen in the beginning portion of the day, all his needs (for that day) will be fulfilled."

Mishkat: Page No.189

Note: Make it a point to read Surah Yaseen once every morning. It is also the deserved right of the Glorious Quran to read it as much as we can daily. Starting from the beginning, and reading it accordingly will make it easy for completion.

Imam Abu Hanifah (RA) mentions that to complete the Glorious Quran twice annually is an earned right of the Glorious Quran.

Fazaile Aamal: Page No.532

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# SAFEGUARDING ONESELF FROM SHIRK AND OSTENTATION

(4) The Dua below is for safeguarding oneself from both types of shirk
SHIRK AKBAR (ascribing partners onto Allah Ta'ala)
SHIRK ASGAR (doing an action for show)

اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ أَنْ أُشْرِكَ بِكَ وَأَنَا أَعْلَمُ وَأَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ.

It has been narrated on the authority of Hadhrat Abubakr ( رضي الله عنه ) that once, whilst mentioning Shirk, Rasulullah ( ﷺ ) said that shirk penetrates into you so discreetly like the crawling of an ant, that it cannot even be perceived. And He ( ﷺ ) said, "That I am informing you regarding one such deed that when you do it, you will be

protected from Shirk-e-Akbar (major shirk meaning: ascribing partners with Allah Ta'ala) and Shirk-e-Asghar (minor shirk meaning: doing an action for austantation and show off)". He then mentioned the above Dua.

(Musannaf Ibn Abu Shaiba 10:337)

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Note: It is sufficient to read it at any time as in the Hadeeth, there is a general mention of reading it thrice daily. However, since the morning is a time when the mind and heart is most focused, to read it at that time is better.

# SUPPLICATIONS FOR THE MORNING AND THE EVENING

(5) The recitation of the Dua with which Allah Ta'ala himself has taken the responsibility of pleasing the servant on the day of reckoning

رَضِيْتُ بِاللّٰهِ رَبًّا وَّ بِالْاِسْلَامِ دِيْنًا وَّ
بِمُحَمَّدٍ ﷺ نَبِيًّا وَّرَسُوْلًا.

Hadhrat Thawbaan ( رضي الله عنه ) narrates that Rasulullah ( ﷺ ) mentioned: whichever Muslim servant recites (the above mentioned phrases) thrice in the morning and in the evening, Allah Ta'ala will take up the responsibility of pleasing him (on the day of Reckoning).

(Tirmidhi 2:176, Ibn Majah 284)

Note: In the narration of Tirmidhi, the word "Rasoolan" has not been mentioned. This has been presented as a

comprehensive phrase combined from different narrations.

## (6) To attain the reward of the missed supplications of the morning and the evening

أَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ ○

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ○

فَسُبْحٰنَ اللّٰهِ حِيْنَ تُمْسُوْنَ وَ حِيْنَ
تُصْبِحُوْنَ ﴿١٧﴾ وَلَهُ الْحَمْدُ فِي السَّمٰوٰتِ وَ
الْاَرْضِ وَعَشِيًّا وَّحِيْنَ تُظْهِرُوْنَ ﴿١٨﴾ يُخْرِجُ
الْحَيَّ مِنَ الْمَيِّتِ وَيُخْرِجُ الْمَيِّتَ مِنَ الْحَيِّ
وَيُحْيِ الْاَرْضَ بَعْدَ مَوْتِهَا ط وَكَذٰلِكَ
تُخْرَجُوْنَ ﴿١٩﴾

Virtue: It has been mentioned in a Hadeeth that the person who recites this verse in the morning, will attain the reward of whatever supplication he had missed, and whoever recites this verse in the evening, will also get the reward of the missed supplications.

(Abu Dawood 2:692)

Note: It means that it will be a compensation for the missed Ma'moolaats, and its reward will still be achieved. (That is why this verse should be recited once every morning and evening.)

(Awnul Ma'bood 13:285)

## (7) The virtues, benefits, timings and method of reciting Surah Ikhlaas and the Muawwathatain

أَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ ○

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ○

قُلْ هُوَ اللّٰهُ أَحَدٌ ① اَللّٰهُ الصَّمَدُ ② لَمْ

يَلِدْ ۙ وَلَمْ يُوْلَدْ ۙ ﴿٣﴾ وَلَمْ يَكُنْ لَّهٗ كُفُوًا
اَحَدٌ ﴿٤﴾

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ○

قُلْ اَعُوْذُ بِرَبِّ الْفَلَقِ ۙ ﴿١﴾ مِنْ شَرِّ مَا
خَلَقَ ۙ ﴿٢﴾ وَمِنْ شَرِّ غَاسِقٍ اِذَا وَقَبَ ۙ ﴿٣﴾ وَمِنْ
شَرِّ النَّفّٰثٰتِ فِي الْعُقَدِ ۙ ﴿٤﴾ وَمِنْ شَرِّ حَاسِدٍ
اِذَا حَسَدَ ﴿٥﴾

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ○

قُلْ اَعُوْذُ بِرَبِّ النَّاسِ ۙ ﴿١﴾ مَلِكِ
النَّاسِ ۙ ﴿٢﴾ اِلٰهِ النَّاسِ ۙ ﴿٣﴾ مِنْ شَرِّ

الْوَسْوَاسِ ۙ الْخَنَّاسِ ۝٤ الَّذِي يُوَسْوِسُ فِي
صُدُورِ النَّاسِ ۝٥ مِنَ الْجِنَّةِ وَالنَّاسِ ۝٦

It has been narrated on the authority of Hadhrat Abdullah Ibn Khubaib ( رضي الله عنه ) that one night, there was a downpour and total darkness. We came out in search of Rasullullah ( ﷺ ) so that he could lead us in salah. When we found him, he said, "Read". I did not answer. He said it again a second time. The third time when he said, "Read", I asked him, "What shall I read?" He replied, "Qul huwallahu ahad and the Muawwathatain (Qul aúdhu bi rabbil falaq and Qul aúdhu bi rabbinnas) thrice in the morning and thrice in the evening, it will be enough for you (you will be saved from all calamities)." (Abu Dawood; Kitabul Adab pg 693)

4 Therefore, one should recite the three surahs thrice in the morning and in the evening.

Note: Hadhrat Aísha (رضی اللہ عنہا) narrates that whenever Rasulullah (ﷺ) was ill, he would recite both these Surahs (Surah Falaq and An-nas), blow on his palms and pass them over his entire body. And when he was on his death bed, I used to recite these Surahs and blow on his palms and he would than pass them over his entire body. I used to make him pass his hands over his body as my hands were not of any match (in virtue & blessings) compared to his hands.

(Bukhari 2:750, Muatta Hadeeth 375)

It can be deduced from a narration of Imam Bukhari that when the Prophet (ﷺ) used to be ill, He would recite the

Muawwathatain (Surah Ikhlas, Falaq and An-nas), blow on his palms and pass them over his entire body. And he also did this on his death bed.

(Bukhari 2:649)

Note: We also learn from a Hadeeth that one should also recite these two Surahs (Falaq and An-nas) upon awakening in the morning.

(Ma'ariful Quran volume 8 page 847, Nasai)

## (8) Supplication of Immense Benefit

لَآ إِلٰهَ إِلَّا اللهُ وَحْدَهٗ لَا شَرِيْكَ لَهٗ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ.

It comes in a narration that whosoever recites this once in the morning then:

1: He will be rewarded such as if freeing a slave from the progeny of Ismail (عَلَيْهِ السَّلَام).

2: Ten rewards will be rewarded in his book of deeds.

3: Ten sins will be forgiven.

4: Ten stages will be elevated in Jannah.

5: He will be safeguarded from shaytaan until the evening.

And the one who recites it in the evening, will also be rewarded as above.

(Abu Dawood 2:692, Ibn Majah hadeeth 284)

## (9) For protection against Jinn and Magic

أَعُوْذُ بِوَجْهِ اللهِ الْكَرِيْمِ، وَبِكَلِمَاتِ اللهِ التَّامَّاتِ اللَّاتِيْ لَا يُجَاوِزُهُنَّ بَرٌّ وَّلَا فَاجِرٌ، مِّنْ شَرِّ مَا يَنْزِلُ مِنَ السَّمَآءِ وَشَرِّ مَا يَعْرُجُ

فِيهَا، وَشَرِّ مَا ذَرَأَ فِي الْأَرْضِ وَشَرِّ مَا يَخْرُجُ

مِنْهَا، وَ مِنْ فِتَنِ اللَّيْلِ وَ النَّهَارِ وَ مِنْ

طَوَارِقِ اللَّيْلِ وَ النَّهَارِ إِلَّا طَارِقًا يَّطْرُقُ

بِخَيْرٍ يَّا رَحْمٰنُ.

## 9) For protection against Jinn and Magic

a) Protection against a troubling and evil Jinn Hadhrat Jibraéel (عليه السلام) taught Rasulullah (ﷺ) the above mentioned dua to distance an impure jinn who followed Rasulullah (ﷺ) with a ball of fire.

Note: No fixed time or number has been allocated for this Dua in the Ahaadeeth. Therefore, reciting it once in the morning will suffice, and reciting once in the morning and evening will also suffice.

أَعُوْذُ بِوَجْهِ اللهِ الْعَظِيْمِ الَّذِىْ لَيْسَ شَيْءٌ أَعْظَمَ مِنْهُ، وَ بِكَلِمَاتِ اللهِ التَّامَّاتِ الَّتِىْ لَا يُجَاوِزُهُنَّ بَرٌّ وَّ لَا فَاجِرٌ، وَ بِأَسْمَاءِ اللهِ الْحُسْنٰى كُلِّهَا مَا عَلِمْتُ مِنْهَا وَمَا لَمْ أَعْلَمْ مِنْ شَرِّ مَا خَلَقَ وَبَرَءَ وَذَرَءَ.

**b) Protection from Magic**

Virtue: Hadhrat Ka'b Ahbar (رضي الله عنه) says, "If it was not for a few supplications that I used to supplicate, the Jews would have turned me into a donkey".

Therefore, one should abundantly recite the above mentioned Dua for safety against magic.

**Clarification:** Ka'b Ahbar was a great

Jewish scholar and was a Haafidh of the Taurat. When he accepted Islam, the Jews became his enemies and tried to bewitch him.

Note: No fixed time or number has been allocated for this Dua in the Hadeeth. Therefore, reciting once in the morning will suffice. And reciting once in the morning and evening will also suffice.

## (10) For Acceptance of Duaas

اَللّٰهُمَّ اَنْتَ خَلَقْتَنِيْ، وَاَنْتَ تَهْدِيْنِيْ، وَاَنْتَ تُطْعِمُنِيْ، وَاَنْتَ تَسْقِيْنِيْ، وَاَنْتَ تُمِيْتُنِيْ، وَاَنْتَ تُحْيِيْنِيْ.

Whomsoever after reciting this Dua in the morning and evening asks (good) from Allah, Allah will grant it to him.

It has also been narrated that these phrases were given to Hadhrat Musa (عليه السلام). He would recite them seven times daily and whatever he asked from Allah, Allah granted it to him.

## (11) Protection from Accidents and Calamities

Hadhrat Aban bin Uthman narrates from his father that, "Whoever reads the above mentioned Dua thrice in the morning and in the evening, no calamity will befall him".

(At Targheeb 1:415)

Once Hadhrat Aban bin Uthman was afflicted with leprosy. His students were amazed and astonished. Upon this he

said to them, "Why are you astonished? I swear by Allah I have not fabricated this hadeeth nor was it fabricated to me, (the hadeeth is true to its core that its harm will not afflict a person), but when Allah destined sickness for me, I forgot to recite this Dua".

(Abu Dawood Kitaabul Adab 2:694)

In another narration whoever recites this, no sudden calamity will befall him.

(Abu Dawood 1:694)

## PROTECTION FROM ENEMIES AND CALAMATIES

### (12) Blessed Duas Of The Prophet (ﷺ) To Be Read Morning And Evening

Read once

اَللّٰهُمَّ إِنِّیْ أَعُوْذُبِكَ مِنْ جُهْدِ الْبَلَآءِ، وَ

5 دَرْكِ الشَّقَاءِ، وَ سُوْءِ الْقَضَاءِ، وَ شَمَاتَةِ
الْأَعْدَآءِ۔

### (13) Seeking Protection from Evil Deeds

اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ شَرِّ مَا عَمِلْتُ، وَ
مِنْ شَرِّ مَا لَمْ أَعْمَلْ۔

## SAFEGUARD FROM EVERY CALAMITY

### (14) Safeguard against all calamities

To be recited thrice in the Evening

أَعُوْذُ بِكَلِمَاتِ اللّٰهِ التَّآمَّاتِ مِنْ شَرِّ مَا
خَلَقَ۔

A person from the clan of Aslam said to Rasulullah (ﷺ), "I could not sleep last night." He (ﷺ) asked him the reason, the man answered, "I was stung by a scorpion!" Rasulullah (ﷺ) said to him, "Had you recited this Dua in the evening, no calamity would have befallen you."

(Muslim 2:347, Tabrani Hadeeth 6346:955)

Note: It has been narrated in Tirmidhi that by reciting this Dua thrice in the evening, fever, poison etc will not befall the reader.

(Tirmidhi 2:200)

Suhail (رحمه الله) a narrator, mentions that my family members had memorized this Dua. They would recite it every night. One night a girl (from the family) was bitten by a scorpion, but because of the blessings of this Dua it did not harm her.

Note: In a few books of supplications it has been reported that this Dua should also be recited in the morning.

## (15) The Virtue of Reciting Aayatul Kursi and a few verses of Surah Mu'min

One should recite Aayatul Kursi (pg 49) and the following verses of Surah M'umin once in the morning and in the evening.

أَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ ○

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ○

حٰمٓ ۚ ① تَنْزِيْلُ الْكِتٰبِ مِنَ اللّٰهِ الْعَزِيْزِ

الْعَلِيْمِ ۙ ② غَافِرِ الذَّنْۢبِ وَقَابِلِ التَّوْبِ

شَدِيْدِ الْعِقَابِ ۙ ذِى الطَّوْلِ ۭ لَآ اِلٰهَ اِلَّا

هُوَ ۭ اِلَيْهِ الْمَصِيْرُ ③

Hadhrat Abu Hurairah (رضي الله عنه) mentions that Rasulullah (صلى الله عليه وسلم) said whoever recites Aayatul Kursi and the first three verses of Surah M'umin in the morning will be

safeguarded (from all calamities) till evening, and whoever recites it in the evening will be safeguarded (from all calamities) till morning.

(Tirmidhi 2:115)

## (16) Hadhrat Anas's (رضي الله عنه) special Dua for safety

Morning and Evening one or three times

بِسْمِ اللهِ عَلٰى نَفْسِىْ وَ دِيْنِىْ، بِسْمِ اللهِ
عَلٰى أَهْلِىْ وَ مَالِىْ وَوَلَدِىْ، بِسْمِ اللهِ عَلٰى مَا
أَعْطَانِىَ اللهُ، اَللهُ رَبِّىْ لَا أُشْرِكُ بِهٖ شَيْئًا، اَللهُ
أَكْبَرُ، اَللهُ أَكْبَرُ، اَللهُ أَكْبَرُ۔ وَأَعَزُّ وَ أَجَلُّ وَ
أَعْظَمُ مِمَّا أَخَافُ وَأَحْذَرُ، عَزَّ جَارُكَ وَجَلَّ
ثَنَائُكَ وَلَآ إِلٰهَ غَيْرُكَ، اَللّٰهُمَّ إِنِّىْ أَعُوْذُبِكَ

مِنْ شَرِّ نَفْسِیْ وَ مِنْ شَرِّ كُلِّ شَيْطَانٍ مَّرِيْدٍ

وَّ مِنْ شَرِّ كُلِّ جَبَّارٍ عَنِيْدٍ، فَاِنْ تَوَلَّوْا فَقُلْ

حَسْبِیَ اللّٰهُ لَآ اِلٰهَ اِلَّا هُوَ، عَلَيْهِ تَوَكَّلْتُ وَهُوَ

رَبُّ الْعَرْشِ الْعَظِيْمِ، اِنَّ وَلِیِّیَ اللّٰهُ الَّذِیْ

نَزَّلَ الْكِتٰبَ، وَهُوَ يَتَوَلَّى الصّٰلِحِيْنَ.

Note: This Dua has been narrated by the special student of Rasulullah (ﷺ), Hadhrat Anas bin Malik. It is very beneficial if recited once in the morning and evening for protection against enemies, oppressors, shaitaan etc, and to read it three times is even better.

## (17) To gain the help of Allah and to solve ones matters

Morning and Evening three times

يَا حَيُّ يَا قَيُّوْمُ بِرَحْمَتِكَ أَسْتَغِيْثُ، أَصْلِحْ لِيْ شَأْنِيْ كُلَّهُ، وَلَا تَكِلْنِيْ إِلٰى نَفْسِيْ طَرْفَةَ عَيْنٍ۔

## (18) For good health and wellbeing

Morning and Evening three times

اَللّٰهُمَّ عَافِنِيْ فِيْ بَدَنِيْ، اَللّٰهُمَّ عَافِنِيْ فِيْ سَمْعِيْ، اَللّٰهُمَّ عَافِنِيْ فِيْ بَصَرِيْ، لَآ إِلٰهَ إِلَّا أَنْتَ۔

Note: One should recite the above mentioned Dua thrice in the morning and

thrice in the evening.

It has been narrated in the narration of Abu Dawood that this Dua should also be recited thrice in the morning and evening. If Allah wills, it will suffice from kufr, poverty and the punishment of the grave.

اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْكُفْرِ وَالْفَقْرِ
اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنْ عَذَابِ الْقَبْرِ لَآ
إِلٰهَ إِلَّا أَنْتَ.

## (19) To earn the status of a Martyr and to gain Allah's mercy

THRICE أَعُوْذُ بِاللّٰهِ السَّمِيْعِ الْعَلِيْمِ مِنَ
الشَّيْطَانِ الرَّجِيْمِ ○ READ ONCE هُوَ اللّٰهُ

الَّذِىۡ لَاۤ اِلٰهَ اِلَّا هُوَ‌ۚ عٰلِمُ الۡغَيۡبِ
وَالشَّهَادَةِ‌ۚ هُوَ الرَّحۡمٰنُ الرَّحِيۡمُ ﴿۲۲﴾ هُوَ اللّٰهُ
الَّذِىۡ لَاۤ اِلٰهَ اِلَّا هُوَ‌ۚ اَلۡمَلِكُ الۡقُدُّوۡسُ
السَّلٰمُ الۡمُؤۡمِنُ الۡمُهَيۡمِنُ الۡعَزِيۡزُ الۡجَـبَّارُ
الۡمُتَكَبِّرُ‌ؕ سُبۡحٰنَ اللّٰهِ عَمَّا يُشۡرِكُوۡنَ ﴿۲۳﴾
هُوَ اللّٰهُ الۡخَـالِـقُ الۡبَارِئُ الۡمُصَوِّرُ لَـهُ الۡاَسۡمَآءُ
الۡحُسۡنٰى‌ؕ يُسَبِّحُ لَهٗ مَا فِى السَّمٰوٰتِ
وَالۡاَرۡضِ‌ۚ وَهُوَ الۡعَزِيۡزُ الۡحَكِيۡمُ ﴿۲۴﴾ ع

Allah assigns seventy thousand Angels to make Dua of mercy day and night for that person who supplicates with the above

mentioned Dua in the mornings and in the evenings.

(Angels making Dua for mercy means that he will be granted the Taufeeq (ability) to carry out good deeds) And if he dies during that day or night, he will die as a martyr.

## (20) For ease in completing any task and to remove worries, grief etc.

Morning and Evening seven times

حَسْبِيَ اللّٰهُ لَآ إِلٰهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَ هُوَ رَبُّ الْعَرْشِ الْعَظِيْمِ.

Virtue: It has been narrated that Allah will suffice for all important tasks of that person who recites the above mentioned seven times in the morning and evening.

(Targheeb 1:255, Abu Dawood 4:482)

It has been narrated in one Hadeeth that neither calamity nor sadness will befall him whether it be day or night, and he will also not drown.

Note: If a person holds where it hurts on his body and recites this Aayah till the end, then InshaAllah his pain will subside.

(Ruhul Ma'aani 6:54)

## (21) The best supplication for asking for forgiveness

Morning and Evening once

اَللّٰهُمَّ أَنْتَ رَبِّيْ لَآ إِلٰهَ إِلَّا أَنْتَ خَلَقْتَنِيْ

وَ أَنَا عَبْدُكَ وَ أَنَا عَلٰى عَهْدِكَ وَوَعْدِكَ مَا

اسْتَطَعْتُ أَعُوْذُ بِكَ مِنْ شَرِّ مَا صَنَعْتُ

أَبُوْءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَ اَبُوْءُ لَكَ بِذَنْبِيْ

فَاغْفِرْلِیْ فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ.

This is the king of all istighfaars. (Holds the highest status of all the Istighfaars).

Therefore, one should sincerely regret over his sins and shed tears whilst reciting this, and hope that Allah will forgive him.

Virtue: If anyone was to recite this in the morning having full conviction in the virtue of this supplication and was to die before the evening, Jannat will become Waajib for him. And if anyone was to recite this in the evening with full conviction over the virtue of this supplication and was to die before morning, Jannat will become Waajib for him.

(Bukhari 2:933)

## (22) Supplication to be grateful for all the blessings of Allah, day and night

In the morning one should recite it as follows:

اَللّٰهُمَّ مَا أَصْبَحَ بِيْ مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِّنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيْكَ لَكَ، فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ۔

In the evening one should recite it as follows:

اَللّٰهُمَّ مَا أَمْسٰى بِيْ مِنْ نِعْمَةٍ أَوْ بِأَحَدٍ مِّنْ خَلْقِكَ فَمِنْكَ وَحْدَكَ لَا شَرِيْكَ لَكَ، فَلَكَ الْحَمْدُ وَلَكَ الشُّكْرُ۔

Virtue: Rasulullah ( ﷺ ) mentions that whosoever recites this in the morning will

fulfill the right of being grateful for all the blessings of Allah for that day. And whosoever recites this in the evening will fulfill the rights of being grateful for all the blessings of Allah for that night.

(Mishkat: 1:211)

Whosoever wishes for immense blessings from Allah, and desires that the current blessings remain forever, should at all times be grateful to Allah.

## (23) The benefits of Istighfaar

أَسْتَغْفِرُ اللهَ الَّذِىْ لَآ إِلٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّوْمُ وَأَتُوْبُ إِلَيْهِ.

It has been narrated in a Hadeeth that whosoever recites this thrice after Fajr and thrice after Asr, all his sins will be

forgiven even if they be as the foam of the ocean (in quantity).

Note: Further on, in this same narration Rasulullah ( ﷺ ) mentions that “O Qabeesa, if you recite the following (above) you will be safeguarded from blindness, leprosy and paralysis.” Therefore, one should make it a point to recite this thrice after fajr. (Targheeb 1:377)

سُبْحَانَ اللهِ الْعَظِيْمِ وَبِحَمْدِهٖ

“أَسْتَغْفِرُ اللهَ” OR “أَسْتَغْفِرُ اللهَ الَّذِيْ
لَآ إِلٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّوْمُ وَأَتُوْبُ إِلَيْهِ”
OR “أَسْتَغْفِرُ اللهَ رَبِّيْ مِنْ كُلِّ ذَنْبٍ وَّأَتُوْبُ
إِلَيْهِ”

(One should recite either of the three a hundred times in the morning and in the evening daily).

It has been narrated in Riyadh-Us-Saliheen on the authority of Imam Muslim and Imam Bukhari that Rasulullah (ﷺ) used to ask for forgiveness from Allah more than seventy times daily. In another narration a hundred times has also been mentioned.

(Riyaadh us Saliheen 1:25)

The following benefits of Istighfaar have been mentioned in the glorious Quraan:

1: Beneficial rain

2: Blessings in wealth

3: Blessings in children

4: Blessings in crops

5: Blessings in streams and rivers

(24) Read the following Durood 10 times daily to be eligible for the intercession of Rasulullah (ﷺ) on the day of Qiyamah

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدِ نِ النَّبِيِّ الْاُمِّيِّ وَعَلٰى اٰلِهٖ وَسَلِّمْ تَسْلِيْمًا.

Hadhrat Abu Dardah (رضي الله عنه) reports that Nabi-e-Kareem (ﷺ) said, "That person will be granted my intercession who sends salutations on me ten times in the morning and in the evening." (Majma uz Zawaaid 10:120)

(25) The reward of reciting Kalima Tamjeed 100 times in the morning and evening

سُبْحَانَ اللّٰهِ، اَلْحَمْدُ لِلّٰهِ، لَآ اِلٰهَ اِلَّا اللّٰهُ، اَللّٰهُ اَكْبَرُ.

It has been narrated in a Hadeeth that whoever reads a hundred times in the morning and in the evening سُبْحَانَ اللّٰه Will get the reward of performing a hundred Hajj, And whosoever recites اَلْحَمْدُ لِلّٰه a hundred times in the morning and in the evening, will get the reward of giving a hundred horses with all its provisions in the path of Allah, or will get the reward of a hundred battles. And whosoever recites a hundred times in the morning and in the evening لَآ اِلٰهَ اِلَّا اللّٰه Will get the reward of freeing a hundred slaves from the progeny of Ismail ( عَلَيْهِ السَّلَام ). And whoever recites اَللّٰهُ اَكْبَر then no one will get the reward that he will get, except for that person who also reads the same or reads more than him.

(Tirmidhi 2:185)

## (26) Reading Durood a hundred times daily

It has been narrated that whosoever will recite durood a hundred times:

1: Allah Ta'la will write on his forehead that he is free from hypocrisy and he is safe from hell fire.

2: His questioning will be done with the martyrs on the day of Qiyamah.

3: Allah will reward him with a thousand of His mercies.

(Al-Mu'jamul Awsat Lit Tabrani7:187, Maktabah Darul Haramain)

Rasulullah ( ﷺ ) has many rights over us. Therefore, one should send at least a hundred Durood on him daily. Through the barakah of Durood, illnesses will be cured, a person will experience tranquility, a person will get to love Allah and his Prophet ( ﷺ ) etc. A person can supplicate

using any form of durood, be it the durood Ibraheem (which is recited in salah)or be it any short Durood such as

وَصَلَّى اللهُ عَلَى النَّبِيِّ الْأُمِّيِّ

OR

صَلَّى اللهُ عَلَى سَيِّدِنَا مُحَمَّدٍ

## (27) Supplication for Protection from the fire of Jahannum

اَللّٰهُمَّ إِنِّيْ أَصْبَحْتُ أُشْهِدُكَ وَ أُشْهِدُ حَمَلَةَ عَرْشِكَ وَ مَلَائِكَتَكَ وَ جَمِيْعَ خَلْقِكَ أَنَّكَ أَنْتَ اللهُ لَآ إِلٰهَ إِلَّا أَنْتَ وَ أَنَّ مُحَمَّدًا عَبْدُكَ وَرَسُوْلُكَ.

Virtue: Hadhrat Anas ( رضي الله عنه ) reports that Rasulullah ( ﷺ ) said whosoever recites this four times in the morning, Allah will save every limb of his body from the fire of Jahannum. (Abu Dawood: 2:691)

And one should recite it four times in the evening as follows:

اَللّٰهُمَّ إِنِّيْ أَمْسَيْتُ، أُشْهِدُكَ وَ أُشْهِدُ
حَمَلَةَ عَرْشِكَ وَ مَلَآئِكَتَكَ وَ جَمِيْعَ خَلْقِكَ
أَنَّكَ أَنْتَ اللهُ، لَآ إِلٰهَ إِلَّا أَنْتَ وَ أَنَّ مُحَمَّدًا
عَبْدُكَ وَرَسُوْلُكَ.

## (28) Safety from Stinginess, Cowardice, Ill-fated old age, Trials of the world and Punishment of the grave

اَللّٰهُمَّ إِنِّيْ أَعُوْذُ بِكَ مِنَ الْبُخْلِ وَأَعُوْذُ

بِكَ مِنَ الْجُبْنِ وَأَعُوْذُبِكَ أَنْ أُرَدَّ إِلٰى أَرْذَلِ
الْعُمُرِ وَأَعُوْذُبِكَ مِنْ فِتْنَةِ الدُّنْيَا وَعَذَابِ
الْقَبْرِ۔

Imam Nasai (R.A) has narrated on the authority of Hadhrat Sa'ad ( رضي الله عنه ) that Rasulullah ( ﷺ ) used to make this Dua excessively. The narrator of this Hadeeth, Hadhrat Sa'ad ( ﷺ ) used to make his children memorise this Dua without fail.

(Nasai chapter: Seeking refuge from stinginess 3:266 Hadeeth 5455)

This Hadeeth has also been narrated with an addition in some narrations.

(Abu Dawood Hadeeth 1555, 10:217)

اَللّٰهُمَّ إِنِّىْ أَعُوْذُبِكَ مِنَ الْهَمِّ وَالْحُزْنِ،
وَأَعُوْذُبِكَ مِنَ الْعَجْزِ وَالْكَسَلِ، وَأَعُوْذُبِكَ

مِنَ الْجُبْنِ وَ الْبُخْلِ، وَأَعُوْذُ بِكَ مِنْ غَلَبَةِ
الدَّيْنِ وَ قَهْرِ الرِّجَالِ.

## (29) To get cured from Illnesses

تَوَكَّلْتُ عَلَى الْحَيِّ الَّذِىْ لَا يَمُوْتُ، اَلْحَمْدُ
لِلّٰهِ الَّذِىْ لَمْ يَتَّخِذْ وَلَداً وَّ لَمْ يَكُنْ لَهٗ
شَرِيْكٌ فِى الْمُلْكِ وَ لَمْ يَكُنْ لَّهٗ وَلِيٌّ مِّنَ
الذُّلِّ وَ كَبِّرْهُ تَكْبِيْراً.

Hadhrat Abu Jannah ( ﵁ ) mentions, once I was with Rasulullah ( ﷺ ) hand in hand when we passed a man who looked very fragile and sick. Rasulullah ( ﷺ ) asked him the reason for his condition. He

replied, “Illness and poverty has made me such.” Rasulullah (ﷺ) said, “I will teach you a supplication which if you read, your illness will be cured and your poverty will be removed.” Thereafter Rasulullah (ﷺ) taught him the above mentioned Dua.

After a period of time, Rasulullah (ﷺ) saw him in a cheerful mood when he walked passed that road. Rasulullah (ﷺ) expressed his happiness to which he said, “I have been supplicating that prayer punctually ever since you taught it to me.”

(Ma'ariful Quran 5:543)

Note: Neither a fixed time nor quantity has been mentioned for this supplication, therefore if Allah wills; it will be enough for a person if he recites it once in the morning. It will also be correct to recite it once in the morning and in the evening.

## (30) Aayaat to be recited at the time of severe illness

أَعُوذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ ○

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ○

اَفَحَسِبْتُمْ اَنَّمَا خَلَقْنٰكُمْ عَبَثًا وَّاَنَّكُمْ
اِلَيْنَا لَا تُرْجَعُوْنَ ﴿١١٥﴾ فَتَعٰلَى اللّٰهُ الْمَلِكُ
الْحَقُّ ۚ لَآ اِلٰهَ اِلَّا هُوَ ۚ رَبُّ الْعَرْشِ
الْكَرِيْمِ ﴿١١٦﴾ وَمَنْ يَّدْعُ مَعَ اللّٰهِ اِلٰـهًا اٰخَرَ ۙ لَا
بُرْهَانَ لَهٗ بِهٖ ۙ فَاِنَّمَا حِسَابُهٗ عِنْدَ رَبِّهٖ ۭ اِنَّهٗ
لَا يُفْلِحُ الْكٰفِرُوْنَ ﴿١١٧﴾ وَقُلْ رَّبِّ اغْفِرْ وَارْحَمْ
وَاَنْتَ خَيْرُ الرّٰحِمِيْنَ ﴿١١٨﴾ ع

These last few Aayaats of Surah M'umin hold great virtue. Imam Tha'labi and Imam Baghawi have narrated on the authority of Hadhrat Abdullah ibn Masúd (﵁) that once Hadhrat Abdullah ibn Masúd (﵁) walked passed by a person who was critically ill. Hadhrat Abdullah ibn Masúd (﵁) recited the mentioned verses in his ear and he was instantly cured. Rasulullah (ﷺ) inquired as to what he recited to which Hadhrat Abdullah ibn Masúd (﵁) recited these verses. Rasulullah (ﷺ) said, "I take an oath of that being in whose control my life is in, even the mountains would move from its place if a person were to recite these verses with full conviction."

(Qurtubi 12:157)

Note: Neither fixed time nor quantity has

been allocated for this supplication therefore, if Allah wills, it will be enough for a person if he recites it once in the morning. It will also be correct to recite it once in the morning and in the evening.

# SUPPLICATIONS TO BE READ AFTER THE FARDH SALAAH

## (31) Special Virtues of Aayatul Kursi

أَعُوْذُ بِاللّٰهِ مِنَ الشَّيْطَانِ الرَّجِيْمِ ○

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ○

اَللّٰهُ لَآ اِلٰهَ اِلَّا هُوَ ۚ اَلْحَيُّ الْقَيُّوْمُ ۚ لَا تَاْخُذُهٗ

سِنَةٌ وَّلَا نَوْمٌ ؕ لَهٗ مَا فِي السَّمٰوٰتِ وَمَا فِي

الْاَرْضِ ؕ مَنْ ذَا الَّذِيْ يَشْفَعُ عِنْدَهٗٓ اِلَّا

بِاِذْنِهٖ ؕ يَعْلَمُ مَا بَيْنَ اَيْدِيْهِمْ وَمَا

خَلْفَهُمْ ۚ وَلَا يُحِيْطُوْنَ بِشَيْءٍ مِّنْ عِلْمِهٖٓ اِلَّا

بِمَا شَآءَ ۚ وَسِعَ كُرْسِيُّهُ السَّمٰوٰتِ وَ

الْاَرْضَ ۚ وَلَا يَـُٔوْدُهٗ حِفْظُهُمَا ۚ وَهُوَ الْعَلِيُّ

الْعَظِيمُ ﴿٢٥٥﴾

- Hadhrat Abu Hurairah ( رضي الله عنه ) narrates that Rasulullah ( صلى الله عليه وسلم ) said there is a verse from Surah Al-Baqarah which is the king of all verses. Shaytaan comes out of the house wherein this verse is recited.
- Imam Nasai has narrated a Hadeeth, that whosoever recites Aayatul Kursi after every Salaah only death will be a barrier for that person from entering into Jannah. He will witness the comforts and the bliss of Jannah immediately after death.

(Saheeh Ibnus Sunni 124, Nasai pg 182)

- It is narrated in a Hadeeth that the Prophet ( صلى الله عليه وسلم ) said, "Whoever reads Aayatul Kursi after Fardh salaah remains in the protection of Allah till the next Salaah." In one Hadeeth Rasulullah ( صلى الله عليه وسلم )

mentions, "That a person who reads Aayatul Kursi after every Fardh Salaah will get the reward of fighting in the path of Allah alongside the Prophets, and getting martyred therein."

(Majma'uz Zawaaid 2:148)

It is learnt from these Ahaadeeth that one should make it a point of reading Aayatul Kursi after every Salaah and one should also recite it in the house at any time of the day and night, and once before going to sleep.

### (32) A deed which if carried out after Fardh Salaah erases the sins

Hadhrat Abu Hurairah (رضي الله عنه) mentions that Rasulullah (صلى الله عليه وسلم) said: "Whoever recites

33 times سُبْحَانَ اللهُ

33 times اَلْحَمْدُ لِلّٰهِ

33 times اَللهُ أَكْبَرُ

making it a total of ninety nine and recites the hundredth time

لَآ إِلٰهَ إِلَّا اللهُ وَحْدَهٗ لَا شَرِيْكَ لَهٗ لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ.

All his sins are wiped off even though they may be as the foam of the ocean (in quantity)." (Saheeh Ibnus Sunni 124, Nasai pg 182)

Note: It is learnt from the Ahadeeth that one should make it a habit of reciting Surah Ikhlas, Falaq and An-Naas after every Fardh Salaah.

# TWO DUAS TO BE RECITED AFTER THE FARDH OF FAJR AND MAGHRIB SALAAH

## (33) Dua for immunity from the fire of Jahannum

Seven Times

One should supplicate with the following Dua after Fajr and Maghrib Salaah.

اَللّٰهُمَّ أَجِرْنِيْ مِنَ النَّارِ.

Virtue: Hadhrat Haarith (رضي الله عنه) narrates that once Rasulullah (ﷺ) whispered in my ear that after you complete your Maghrib Salaah, recite this Dua seven times. If you recite this Dua and you happen to pass away that night, you will be saved from the fire of Jahannum. And recite this Dua after

you complete your Fajr Salaah, for if you were to pass away that day, you will be saved from the fire of Jahannum.

(Abu Dawood 2:693, Tabrani Kabeer 19:433)

## (34) Supplication for after Fajr and Maghrib Salaah

Ten Times

لَآ إِلٰهَ إِلَّا اللهُ وَحْدَهٗ لَا شَرِيْكَ لَهٗ لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ يُحْيِيْ وَيُمِيْتُ وَهُوَ عَلٰى كُلِّ شَيْءٍ قَدِيْرٌ.

It has been narrated in a Hadeeth that whoever reads this ten times after Fajr Salaah, before getting up from his place, whilst still seated in the Tashahhud position, before talking to anyone, will get

rewarded with the following for every word read:

1: Ten rewards are written.
2: Ten sins are forgiven.
3: Ten stages are elevated.
4: He will be safeguarded from all calamities, distress and shaytaan for that whole day.
5: He will be safeguarded from all sins except that he ascribes partners with Allah.

(Tirmidhi 2:185, Amalul Yawmi Wal Lailah 353)

Note: In one narration, it has been reported that he will get the reward of emancipating ten slaves, and these words i.e tasbeeh will make Dua for him.

(Majmáuz Zawaaid 10:109,110)

# SUPPLICATIONS AND ACTIONS TO BE DONE BEFORE GOING TO SLEEP

## (35) First deed to do before going to sleep

First, one should recite Aayatul Kursi. (page 60)

It is narrated in Bukhari that whoever recites Aayatul Kursi before going to sleep, Allah appoints an angel who protects him till the morning and shaytan does not come near him.

## (36) Second Deed

أَعُوذُ بِاللّٰهِ مِنَ الشَّيْطٰنِ الرَّجِيْمِ ○

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِيْمِ ○

اٰمَنَ الرَّسُوْلُ بِمَآ اُنْزِلَ اِلَيْهِ مِنْ رَّبِّهٖ

وَالْمُؤْمِنُوْنَ ؕ كُلٌّ اٰمَنَ بِاللّٰهِ وَمَلٰٓئِكَتِهٖ

وَكُتُبِهٖ وَرُسُلِهٖ قف لَا نُفَرِّقُ بَيۡنَ اَحَدٍ مِّنۡ
رُّسُلِهٖ قف وَقَالُوۡا سَمِعۡنَا وَاَطَعۡنَا ۗ غُفۡرَانَكَ
رَبَّنَا وَاِلَيۡكَ الۡمَصِيۡرُ ﴿۲۸۵﴾ لَا يُكَلِّفُ اللّٰهُ نَفۡسًا
اِلَّا وُسۡعَهَا ؕ لَهَا مَا كَسَبَتۡ وَعَلَيۡهَا
مَا اكۡتَسَبَتۡ ؕ رَبَّنَا لَا تُؤَاخِذۡنَاۤ اِنۡ نَّسِيۡنَاۤ
اَوۡ اَخۡطَاۡنَا ۚ رَبَّنَا وَلَا تَحۡمِلۡ عَلَيۡنَاۤ اِصۡرًا
كَمَا حَمَلۡتَهٗ عَلَى الَّذِيۡنَ مِنۡ قَبۡلِنَا ۚ رَبَّنَا
وَلَا تُحَمِّلۡنَا مَا لَا طَاقَةَ لَنَا بِهٖ ۚ وَاعۡفُ
عَنَّا وقفة وَاغۡفِرۡ لَنَا وقفة وَارۡحَمۡنَا وقفة اَنۡتَ مَوۡلٰنَا
فَانۡصُرۡنَا عَلَى الۡقَوۡمِ الۡكٰفِرِيۡنَ ﴿۲۸۶﴾ ع

These are the last two verses of Surah Baqarah. In authentic narrations, it has been narrated that these two verses have great virtue. Rasulullah ( ﷺ ) said these two verses are enough for that person who recites them at night.

(Abu Dawood 2:692)

Hadhrat Ibn Masúd narrates that Rasulullah ( ﷺ ) said, Allah has revealed two verses from the treasures of Jannah and these two verses were written by Allah himself two thousand years before creating any creation. Whoever reads it after Esha Salaah will be rewarded as if he stood in Salaah (Tahajjud).

(Alkamil li Ibnil Adi 8:369)

In the narration of Mustadrak Hakim and Baihaqi, it has been narrated that Rasulullah ( ﷺ ) said, that Allah has

completed Surah Baqarah with these two verses and they have been given to me from that special treasure which is beneath the Arsh. Therefore, one should learn these two verses with great emphasis and teach it to ones wife and children. (Al Mustadrak 1:750)

Hadhrat Ali and Umar (رضي الله عنه) mention that anyone with the slightest intellect should not go to sleep without reciting these two verses.

## (37) Third Deed

Hadhrat Nawfil (رضي الله عنه) once asked Rasulullah (صلى الله عليه وسلم), "Teach me something that I may recite on my bedding before going to sleep." Rasulullah (صلى الله عليه وسلم) said, "Recite Surah Al Kaafiroon, as in it you proclaim your dislike for shirk."

## (38) Fourth Deed

Hadhrat Aisha ( رضی اللہ عنہا ) narrates that every night when Rasulullah ( ﷺ ) used to retire to his bedding, he used to recite Surah Ikhlas, Falaq and An Naas, blow over his palms and pass them over his entire body. When passing them over his body, he would begin with his head, then the face, then the front of his body and then finally the back part of his body. He used to do this thrice.

(Abu Dawood, Kitabul Aadaab 2:689)

Method: One should recite Surah Ikhlas, Falaq and An Naas once, thereafter blow over both palms and pass them over the entire body. Thereafter read these Surahs once, a second time, blow over the palms and pass them over the entire body. Once

again read these three Surahs a third time blow over the palms and pass them over the entire body. When passing them over the body, one should begin with the head, then the face, then the front of the body and finally the back.

(Bukhari 2:750, Abu Dawood 2:689)

## (39) Fifth Deed A special benefit of making Istighfar

أَسْتَغْفِرُ اللهَ الَّذِيْ لَآ إِلٰهَ إِلَّا هُوَ الْحَيُّ الْقَيُّوْمُ وَأَتُوْبُ إِلَيْهِ

It has been narrated in a Hadeeth that whoever upon retiring to his bed at night, recites the above mentioned Dua three times, all his sins will be forgiven even if they may be as many as the foam of the

oceans, as the leaves of the trees, as the particles in a heap of sand, as the days of the world (in quantity).

## (40) Sixth Deed: The Tasbeeh of Hadhrat Faatimah ( رضی اللہ عنہا )

33 times سُبْحَانَ اللّٰهِ

33 times اَلْحَمْدُ لِلّٰهِ

34 times اَللّٰهُ أَكْبَرُ

(Abu Dawood 2:690)

The beloved daughter of Rasulullah ( ﷺ ) used to get tired due to carrying out all the household chores by herself hence, she came to Rasulullah ( ﷺ ) asking for an attendant (who would help her) Instead, Rasulullah ( ﷺ ) taught her the above mentioned deed.

(Bukhari 2:935, Abu Dawood 2:690)

Therefore, one should recite this Tasbeeh at night before going to sleep.

Note: If one was to recite this Tasbeeh with full conviction, then if Allah wills, all his tiredness will fade and he will wake up fresh in the morning.

## A deed that safeguards a person from the Evils of a nightmare

It has been narrated in a Hadeeth that whenever any one of you sees an evil dream, he should immediately make a spitting gesture thrice towards his left, seek Allah's refuge from the evils of shaytaan and the evils of that dream, and turn to the other side from where he saw the dream and relate the dream to his beloved ones only.

(Muslim 2:241, Hadeeth 2462)

And immediately or later on, read two Rakaats of Salaah and seek refuge from the evils of that dream.

## A comprehensive Duaa

اَللّٰهُمَّ اِنَّا نَسْأَلُكَ مِنْ خَيْرِ مَا سَأَلَكَ مِنْهُ نَبِيُّكَ مُحَمَّدٌ صَلَّى اللهُ عَلَيْهِ وَ سَلَّمَ، وَ نَعُوْذُ بِكَ مِنْ شَرِّ مَا اسْتَعَاذَ مِنْهُ نَبِيُّكَ مُحَمَّدٌ صَلَّى اللهُ عَلَيْهِ وَ سَلَّمَ، وَ اَنْتَ الْمُسْتَعَانُ وَ عَلَيْكَ الْبَلَاغُ، وَلَا حَوْلَ وَلَا قُوَّةَ اِلَّا بِاللهِ.

يَا رَبِّ صَلِّ وَسَلِّمْ دَائِمًا اَبَدًا
عَلٰى حَبِيْبِكَ خَيْرِ الْخَلْقِ كُلِّهِمِ